



## Quiche de legumes

## Ingredients

cogumelos laminados (cogumelos laminados, água, sal, regulador de acidez (ácido cítrico), antioxidante (ácido ascórbico), SULFITOS), nata UHT para bater, 35% MG (NATA, emulsionantes (E472b), estabilizador (E407)), ovo de galinha (contém OVOS), massa quebrada (EGGS, GLUTEN), pimenta preta, sal.

## Nutritional Declaration (Per 100g)

Energy: 187 Kcal / 781 KJ

Fiber: 1.0 g

Lipids: 14 g

of which Saturated: 7.8 g

Carbohydrates: 10 g

of which Sugars: 2.4 g

Proteins: 4.6 g

Salt: 1.5 g



\*Reference intake of an average adult (8400 kJ / 2000 kcal)

## Allergens



Contains: Gluten, Eggs, Milk, Sulphur dioxide / sulphites

Can contain traces of Crustaceans, Fish, Peanuts, Soybeans, Nuts, Celery, Mustard, Sesame Seeds, Molluscs

## Product Characteristics

Commercial Name: Quiche de legumes

Conservation Instructions: Quiche de legumes